

Pregnant Women and Smoking

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Tobacco use is the single most preventable cause of death and disease and the impact of tobacco on the Indiana is staggering costing Hoosiers 9,800 lives each year. Smoking can impact the lives of even the youngest Hoosiers. Approximately 18% of women in Indiana smoked during pregnancy in 2005, a slight decline from 21% in 1999. Indiana has one of the highest smoking rates in the country.

Smoking during pregnancy is associated with poor health outcomes:

- Twenty to thirty percent (20-30%) of the cases of low birth weight babies can be attributable to smoking.
- Women who smoke during pregnancy had more than twice the risk of delivering a low birth weight baby.
- Babies with mothers who smoked during pregnancy have twice the risk of SIDS and infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk for miscarriage than nonsmokers.

Prenatal exposure to secondhand smoke is also harmful to a child's mental development. Children of mothers who were exposed to secondhand smoke when pregnant have lower scores on cognitive development tests at age two, compared to children of mothers living in smoke free homes during pregnancy.

Pregnant smokers who are ready to quit should know that it's never too late to quit smoking during pregnancy. Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting, but quitting entirely is the best thing a pregnant woman can do for themselves and their baby. The benefits of quitting smoking can be seen immediately. After just one day of not smoking, the baby will get more oxygen. While women experience withdrawal symptoms, these are often signs that the body is healing. They are normal, temporary, and will lessen in a couple of weeks. Quitting will increase the mother's energy levels and help make breathing easier.

Sources: 2005 Indiana Natality Report; 2004 National Health Interview Survey; Ventura, S.J. 2003. "Trends and Variations in Smoking during Pregnancy and Low Birth Weight: Evidence from the Birth Certificate, 1990-2000." Pediatrics 111(5 Part 2):1176-1180.¹ SDHHS. 2001. Women and Smoking: A Report of the Surgeon General. U.S. Department of Health and Human Services, Public Health Service: Rockville, MD, Office of the Surgeon General, U.S. Government Printing Office: Washington DC. ; Gavin, N.I., et al. September 2001. Review and Meta-Analysis of the Evidence on the Impact of Smoking on Perinatal Conditions Built into AMMEC II. Final Report to the National Center for Chronic Disease Prevention and Health Promotion. Research Triangle Park: Research Triangle Institute.; Columbia Center for Children's Environmental Health. Neurotoxicology and Teratology, March 2004

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The rate of Indiana mothers who reported smoking during pregnancy is considerably higher than the national average of 10.2 percent. Even more alarming are rates in Indiana counties that exceed state and national rates. The table below lists Indiana's counties along with the percentage of mothers who reported smoking during pregnancy.

- County rates range from 4.3% to 38.5%.
- Sixty-four (64) of Indiana's 92 counties have a smoking during pregnancy rate higher than the Indiana average.
- All but 5 Indiana counties have a smoking during pregnancy rates higher than the United States average.

Percent of mothers who reported smoking during pregnancy, Indiana Counties, 2005

County	Percent	County	Percent	County	Percent	County	Percent	County	Percent
Adams	9.4	Dubois	12.4	Jasper	20.4	Morgan	23.1	Spencer	24.0
Allen	15.6	Elkhart	13.7	Jay	23.8	Newton	27.8	Starke	27.2
Bartholomew	17.6	Fayette	31.4	Jefferson	30.0	Noble	22.7	Steuben	26.4
Benton	18.6	Floyd	20.1	Jennings	25.1	Ohio	27.3	Sullivan	31.5
Blackford	32.6	Fountain	26.2	Johnson	16.9	Orange	25.5	Switzerland	34.3
Boone	13.4	Franklin	21.6	Knox	30.1	Owen	26.3	Tippecanoe	13.0
Brown	18.9	Fulton	32.1	Kosciusko	17.9	Parke	25.0	Tipton	23.7
Carroll	15.9	Gibson	19.7	LaGrange	8.2	Perry	27.9	Union	29.8
Cass	18.4	Grant	26.3	Lake	13.2	Pike	20.8	Vanderburgh	21.5
Clark	20.2	Greene	27.4	LaPorte	26.5	Porter	14.2	Vermillion	30.0
Clay	26.2	Hamilton	4.3	Lawrence	23.1	Posey	15.9	Vigo	27.0
Clinton	16.9	Hancock	14.3	Madison	21.9	Pulaski	30.8	Wabash	26.1
Crawford	38.5	Harrison	24.2	Marion	16.4	Putnam	29.2	Warren	14.5
Daviess	15.4	Hendricks	11.0	Marshall	20.0	Randolph	30.2	Warrick	13.9
Dearborn	20.2	Henry	26.6	Martin	25.0	Ripley	21.9	Washington	29.0
Decatur	25.4	Howard	24.1	Miami	28.5	Rush	23.8	Wayne	24.2
DeKalb	28.0	Huntington	23.1	Monroe	15.3	St. Joseph	12.2	Wells	17.6
Delaware	23.9	Jackson	19.8	Montgomery	30.5	Scott	37.4	White	21.2
						Shelby	27.9	Whitley	19.7

SOURCE: Indiana State Department of Health, Epidemiology Resource Center
Percentages are calculated using total births in each county.